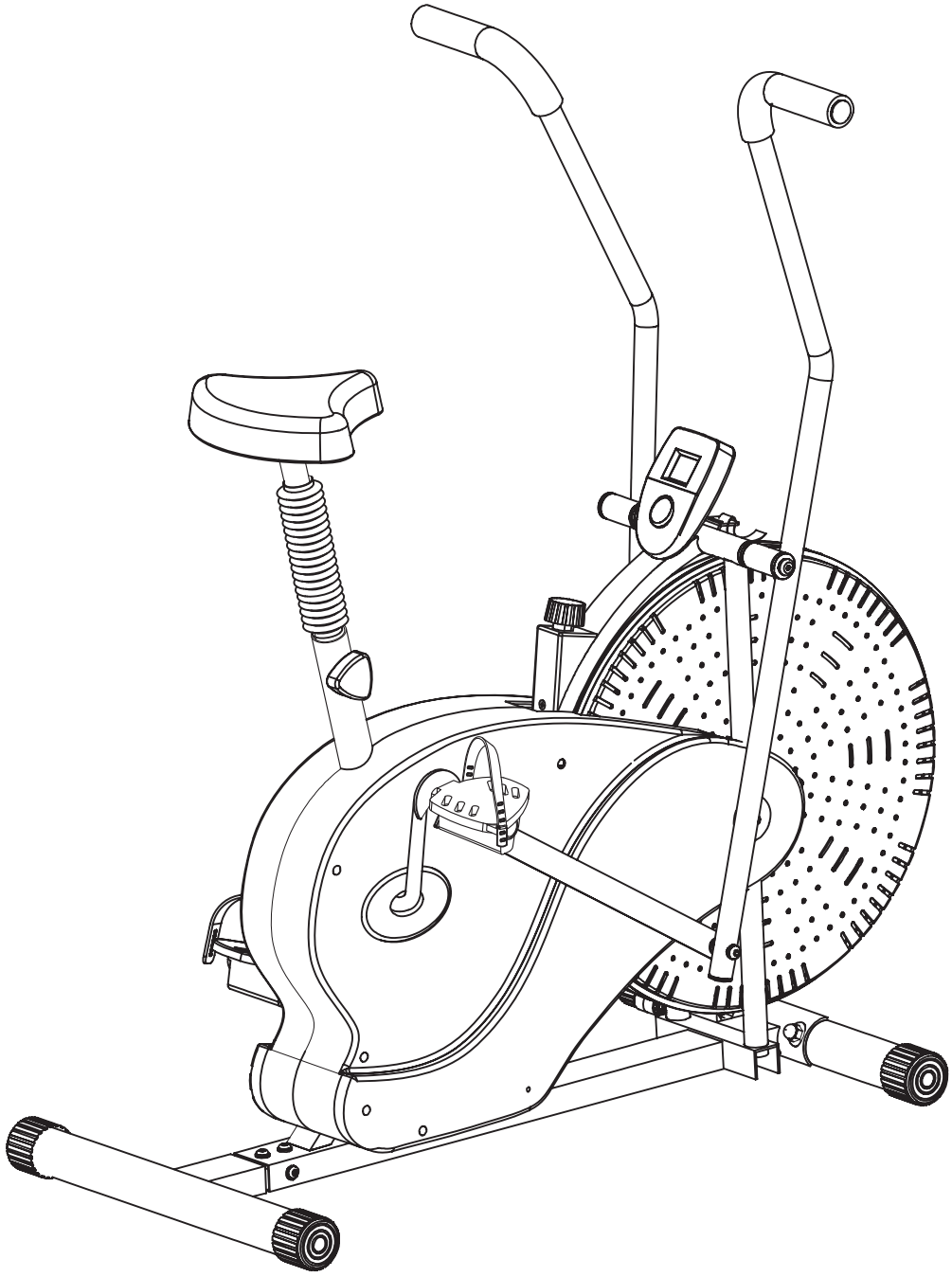
BODYRider Fan Bike

BRF 700
BRF 701



* This item is for consumer use only and it is not meant for commercial use.

OWNER'S MANUAL

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General Information

Safety

Before you undertake any exercise program, please be sure to consult with your doctor. Frequent strenuous exercise should be approved by your doctor and proper use of your product is essential. Please read this manual carefully before commencing the assembly of your product or starting to exercise.

- Please keep all children away from this item when in use. Do not allow children to climb or play on them when they are not in use.
- Supervise teenagers while they use this unit.
- For your own safety, always ensure that there is at least 3 feet of free space in all directions around your product while you are exercising.
- Regularly check to see that all nuts, bolts and fittings are securely tightened. Periodically check all moving parts for obvious signs of wear or damage.
- Clean only with a damp cloth, do not use solvent cleaners. If you are in any doubt, do not use your product; contact CUSTOMER SUPPORT.
- Before use, always ensure that your product is positioned on a solid, flat surface. If necessary, use a rubber mat underneath to reduce the possibility of slipping.
- Always wear appropriate clothing and footwear such as training shoes when exercising. Do not wear loose clothing that could become caught in moving parts during exercise.
- Do not use this unit if it is not functioning properly or if it is not fully assembled.
- Do not use this unit for commercial purposes.
- Before use, you must read and understand all instructions & warnings stated in this Owner's Manual as well as posted on the equipment.
- It is the facility owner's responsibility to properly instruct users on the proper operation of the equipment and to warn them of the potential hazards.
- If at any time during exercise you feel faint, dizzy or experience pain, stop and consult your physician.

Assembling Tools

- Ruler with both metric and English measurements
- 2 x Adjustable Wrenches
- 1 x Philips ("Crosshead") Screw Driver

Weight Limit

Your product is suitable for users weighing: 250 pounds or less.

Storage and Use

Your product is intended for use in clean dry conditions. You should avoid storage in excessively cold or damp places as this may lead to corrosion and other related problems.

Warranty

Body Flex Sports warrants your product for a period of 1 year for the frame and 90 days on all parts if the item is used for the intended purpose, properly maintained and not used commercially. Any alterations or incorrect assembly of the product will void this warranty.

Proof of purchase must be presented for any warranty validation (no exceptions). This warranty applies to the original purchaser only and is not transferable.

This warranty does not cover abuse or defects caused during use, storage or assembly.

During the warranty period, Body Flex Sports reserves the right to:

a). provide replacement parts to the purchaser in an effort to repair the item.
b). repair the product returned to our warehouse (at the purchaser's cost).
c). replace the product if neither of the two previously mentioned actions effect repair.

This warranty does not cover normal wear and tear on upholstery.

Questions

If you have any questions concerning the assembly of your item or if any parts are missing, please DO NOT RETURN THE ITEM TO THE STORE OR CONTACT THE RETAILER. Our dedicated customer service staff can help you with any questions you may have regarding the assembly of this unit and can also mail you replacement parts.

Customer Support

Customer Support is open 9:00 a.m. to 5:00 p.m. (Pacific Time) Monday through Friday. Please contact us by any of the following means.

Body Flex Sports, Inc.
21717 Ferrero Parkway, Walnut, CA 91789
Telephone: (888) 266 - 6789
Fax: (909) 598 - 6707
Email: info@bodyflexsports.com

Hardware List

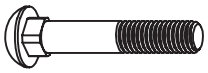
The following hardware is used to assemble your unit. Please take a moment to familiarize yourself with these items. Please note some of this hardware is already pre-assembled on the machine. Do not be alarmed if you see parts on this page that are not included in your hardware packet

Bolt

#13. Bolt (M10x18 mm)
[2 pieces]
Pre-assembled

#18. Bolt (M8x43 mm)
[2 pieces]

#24. Bolt (M8x16 mm)
[4 pieces]



#26. Carriage Bolt (M10x57 mm)
[2 pieces]

Nut

#11. Nylon Nut (M8)
[3 pieces]
Pre-assembled

#20. Nylon Nut (M8)
[2 pieces]

#23L. Left Nylon Nut
[1 piece]

#23R. Right Nylon Nut
[1 piece]

#28. Cap Nut (M10)
[2 pieces]

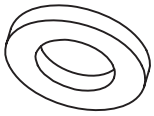
Washer

#10. Washer (M8)
[3 pieces]
Pre-assembled

#14. Spring Washer (M10)
[2 pieces]
Pre-assembled

#15. D Shape Washer (M10)
[2 pieces]
Pre-assembled

#19. Washer (M8)
[8 pieces]



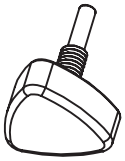
#21. Big Washer
[2 pieces]

#25. Spring Washer (M8)
[4 pieces]

#27. Arc Washer (M10)
[2 pieces]

#29. Special Washer
[2 pieces]
Pre-assembled

Knob



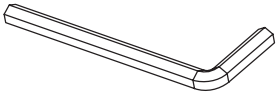
#17. Knob (M12) *[1 piece]*

Bushing

#22. Bushing *[2 pieces]*

Tool

S10-S13-S15-S17-S19 *[1 piece]*



6 mm *[2 pieces]*

Parts Listing

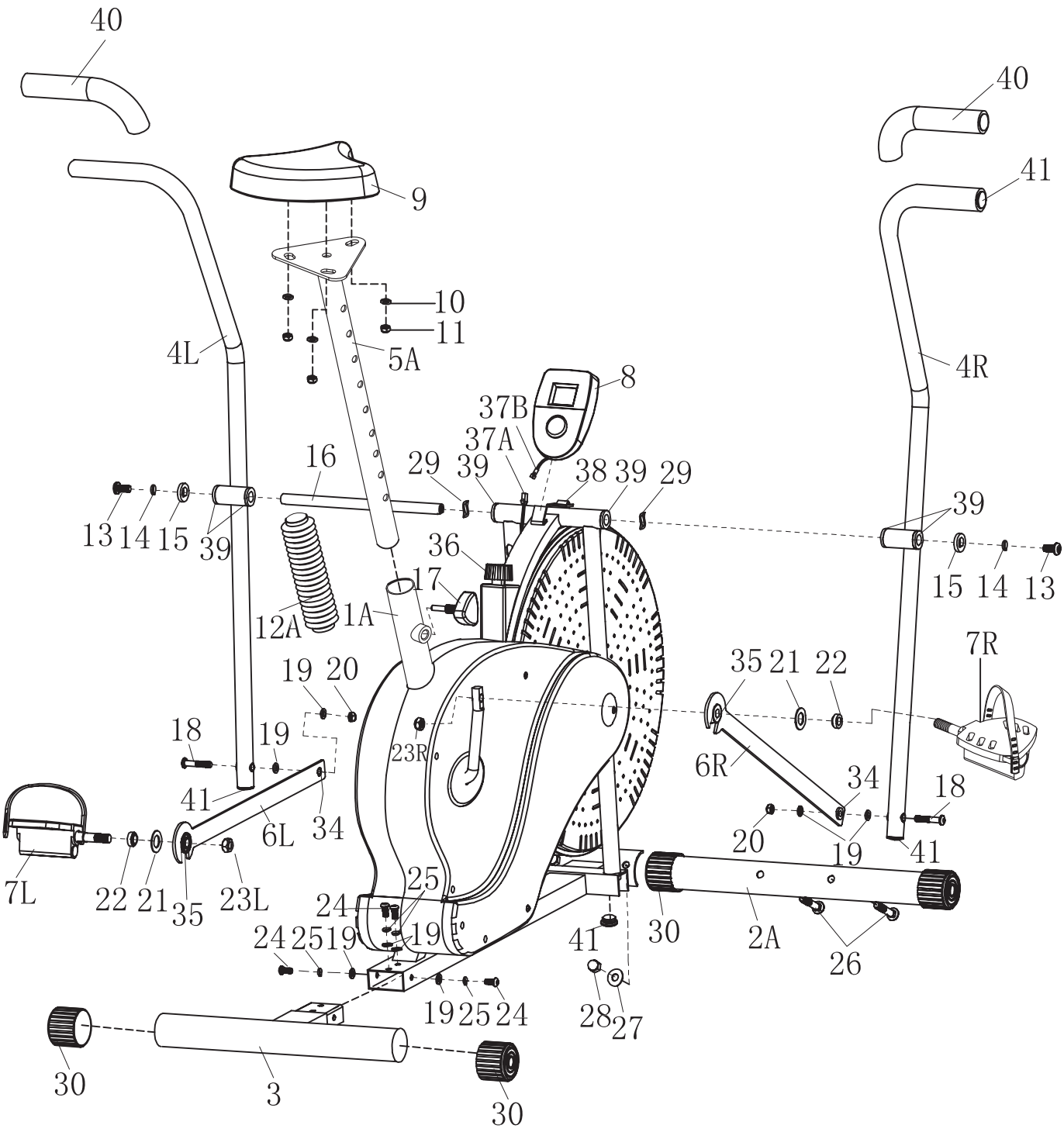
The following parts list describes all of the parts illustrated on the exploded diagram on the following page. Please note, most of these parts are already pre-assembled on your unit.

#	Description
1A	Main Frame
2A	Front Stabilizer
3	Rear Stabilizer
4L	Left Handlebar
4R	Right Handlebar
5A	Seat Tube
6L	Left Linkage
6R	Right Linkage
7L	Left Pedal
7R	Right Pedal
8	Monitor
9	Seat
10	Washer (M8)
11	Nylon Nut (M8)
12A	Bellows
13	Bolt (M10x18 mm)
14	Spring Washer (M10)
15	D Shape Washer (M10)
16	Handlebar Axle
17	Knob (M12)
18	Bolt (M8x43 mm)
19	Washer (M8)
20	Nylon Nut (M8)

#	Description
21	Big Washer
22	Bushing
23L	Left Nylon Nut
23R	Right Nylon Nut
24	Bolt (M8x16 mm)
25	Spring Washer (M8)
26	Carriage Bolt (M10x57 mm)
27	Arc Washer (M10)
28	Cap Nut (M10)
29	Special Washer
30	Round Cap (50)
34	Bushing
35	Bearing
36	Tension Control
37A	Monitor Wire (Lower)
37B	Monitor Wire (Upper)
38	Friction Belt
39	Bushing
40	Foam Grip
41	Round Cap (25)

Exploded Diagram

The following diagram is provided to help you familiarize yourself with the parts and hardware that will be used during the assembly process. Please note that not all of the parts and hardware you see here will be used while you are assembling the machine because some of these items are already pre-installed. Please continue to the next page to begin the assembly process and use this page only as a reference guide for parts and hardware.



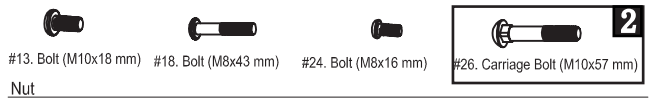
Assembly Instructions

Assembly Step 1

Secure the ***Front Stabilizer (#2A***) to the ***Main Frame (#1A)*** with two ***Carriage Bolts (#26)***, two ***Arc Washers (#27)*** and two ***Cap Nuts (#28)***.

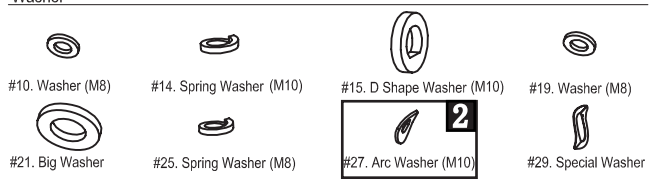
Hardware Required

Bolt

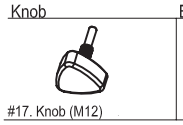


Nut

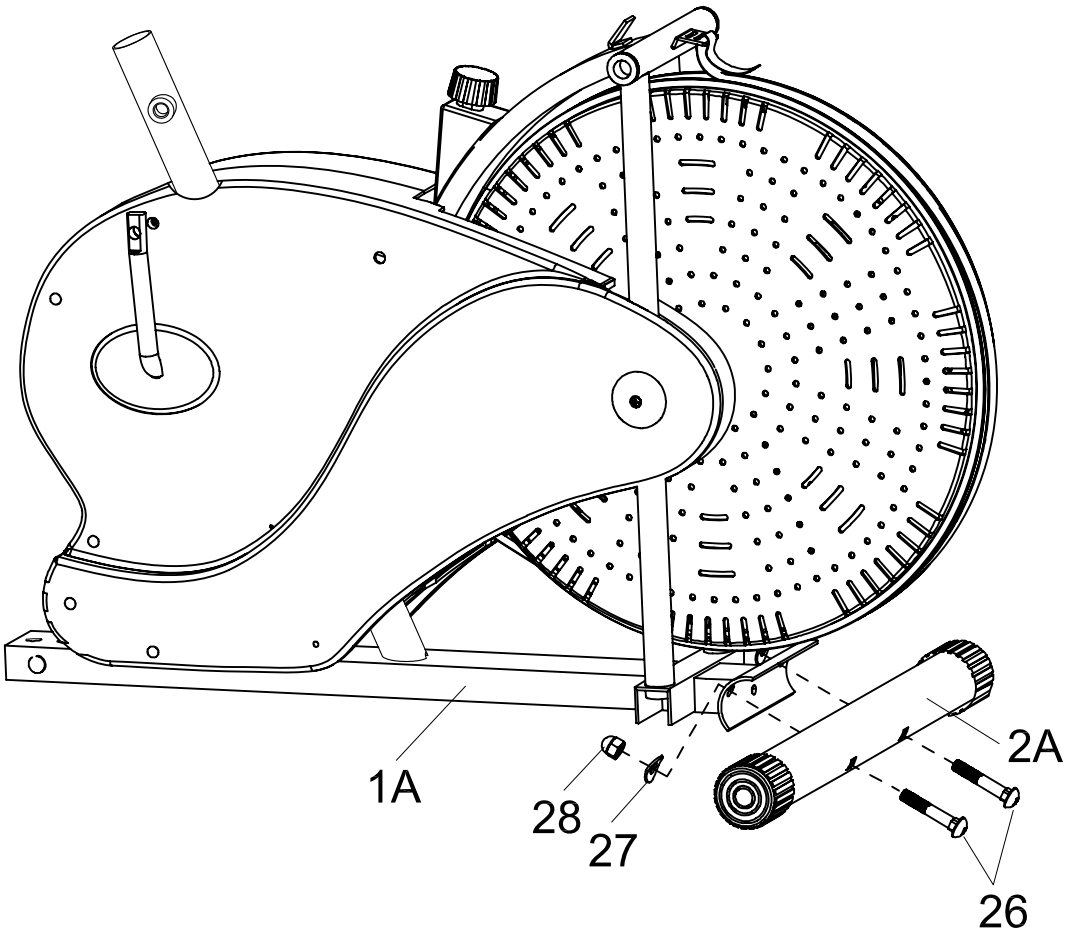
Washer



Knob



Bushing



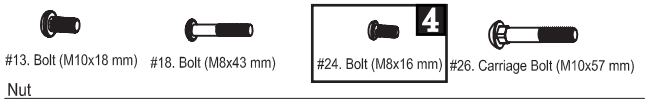
Assembly Instructions

Assembly Step 2

Secure the ***Rear Stabilizer (#3)*** to the ***Main Frame (#1A)*** with four ***Bolts (#24)***, four ***Spring Washers (#25)*** and four ***Washers (#19).***

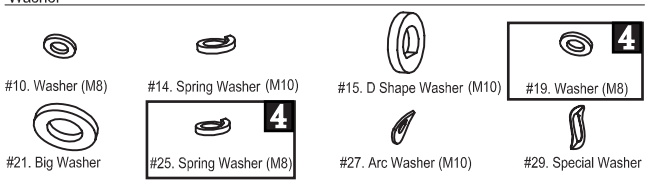
Hardware Required

Bolt



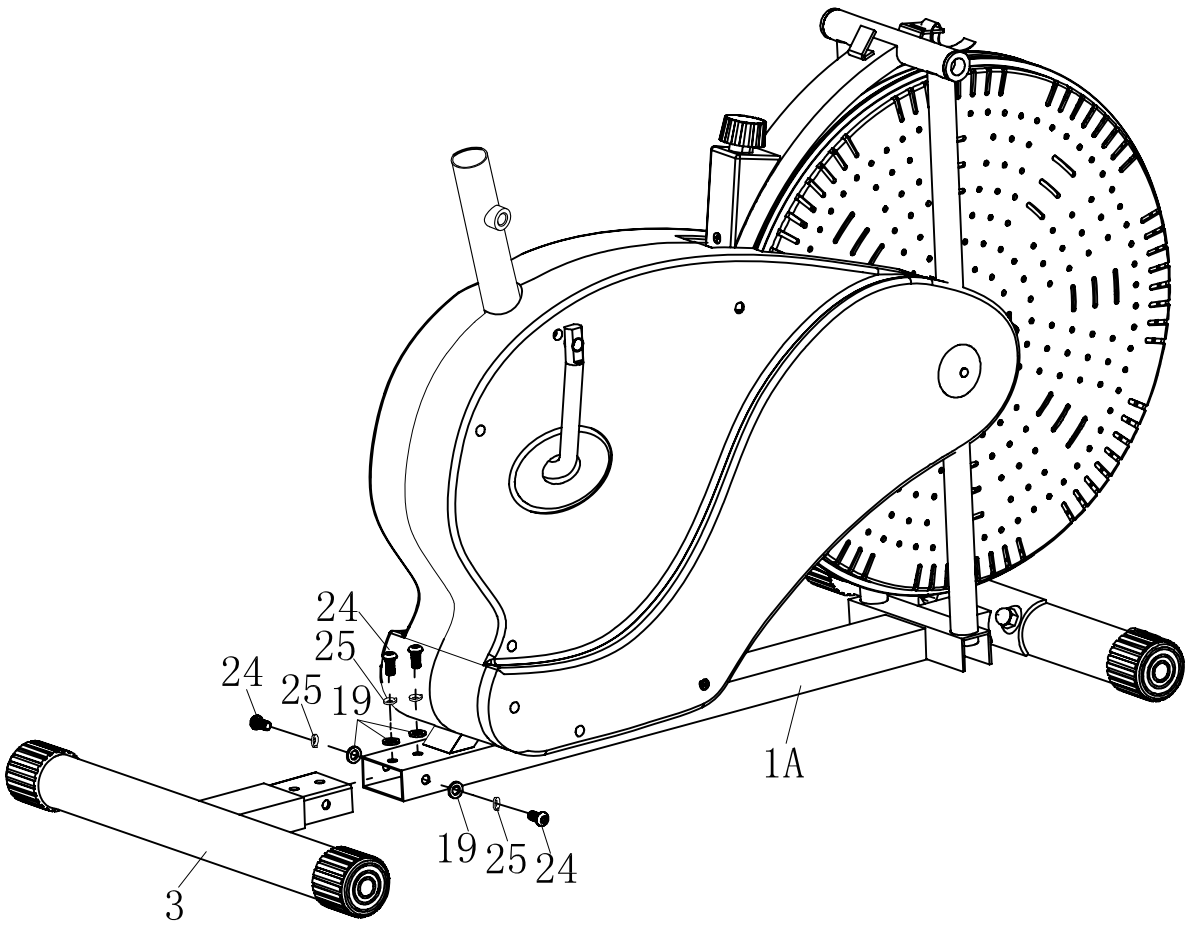
Nut

Washer



Knob

Bushing



Assembly Instructions

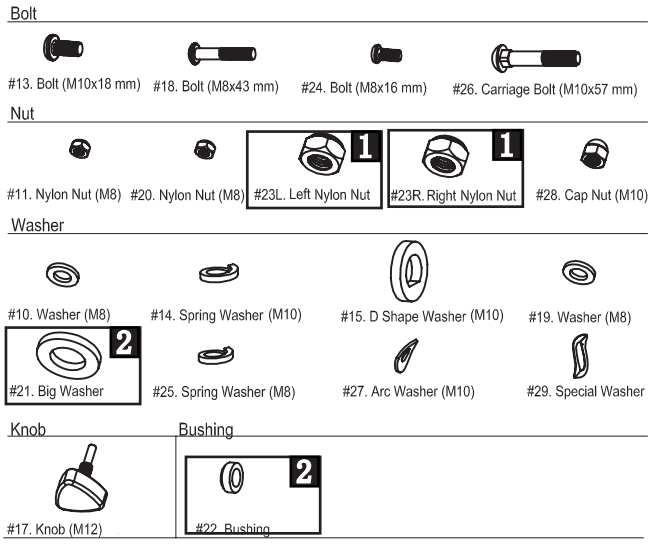
Assembly Step 3

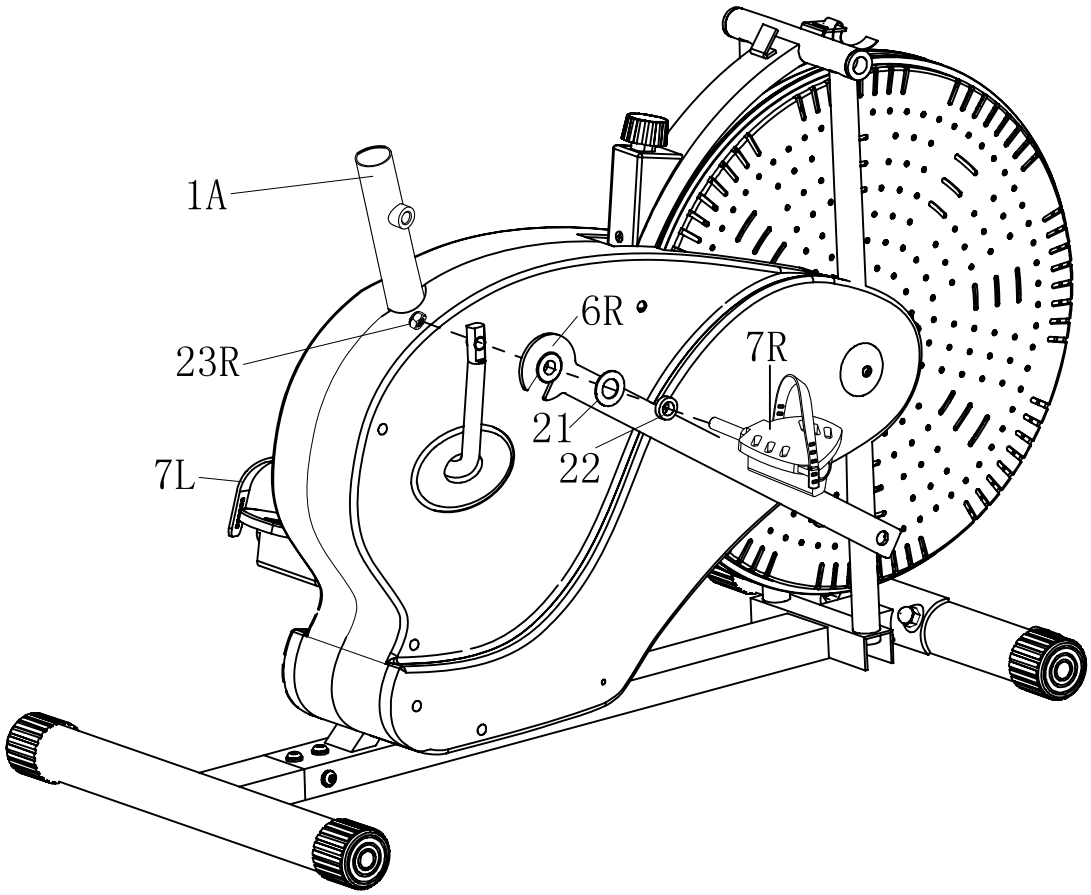
Attach the ***Right Pedal (#7R)*** to the ***Right Linkage (#6R)*** with a ***Bushing (#22)*** and a ***Big Washer (#21)*** in between. Then screw the ***Right Pedal (#7R)*** tightly into the right crank and then secure it with the ***Right Nylon Nut (#23R)***. Repeat this process on the other side.

Please Note:

- Left Hand Side: Turn COUNTERCLOCKWISE to tighten the ***Left Pedal (#7L)*** on the left crank. Then turn CLOCKWISE to tighten the ***Left Nylon Nut (#23L)*** [BLUE inner nylon ring] to secure the left pedal assembly.
- Right Hand Side: Turn CLOCKWISE to tighten the ***Right Pedal (#7R)*** on the right crank. Then turn COUNTERCLOCKWISE to tighten the ***Right Nylon Nut (#23R)*** [WHITE inner nylon ring] to secure the right pedal assembly.

Hardware Required





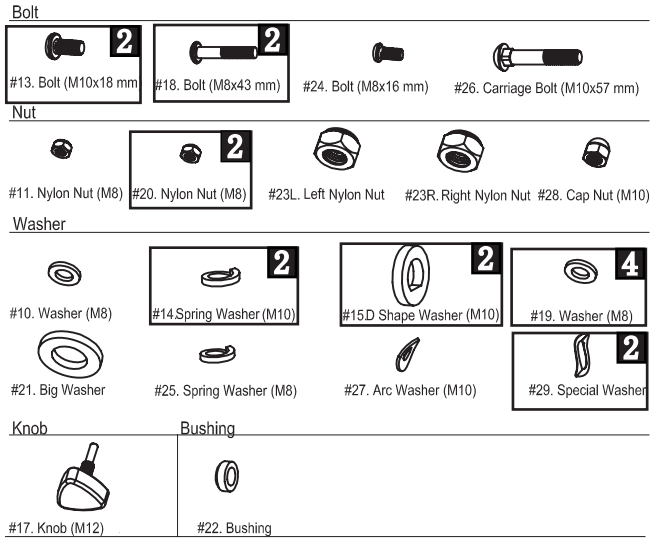
Assembly Instructions

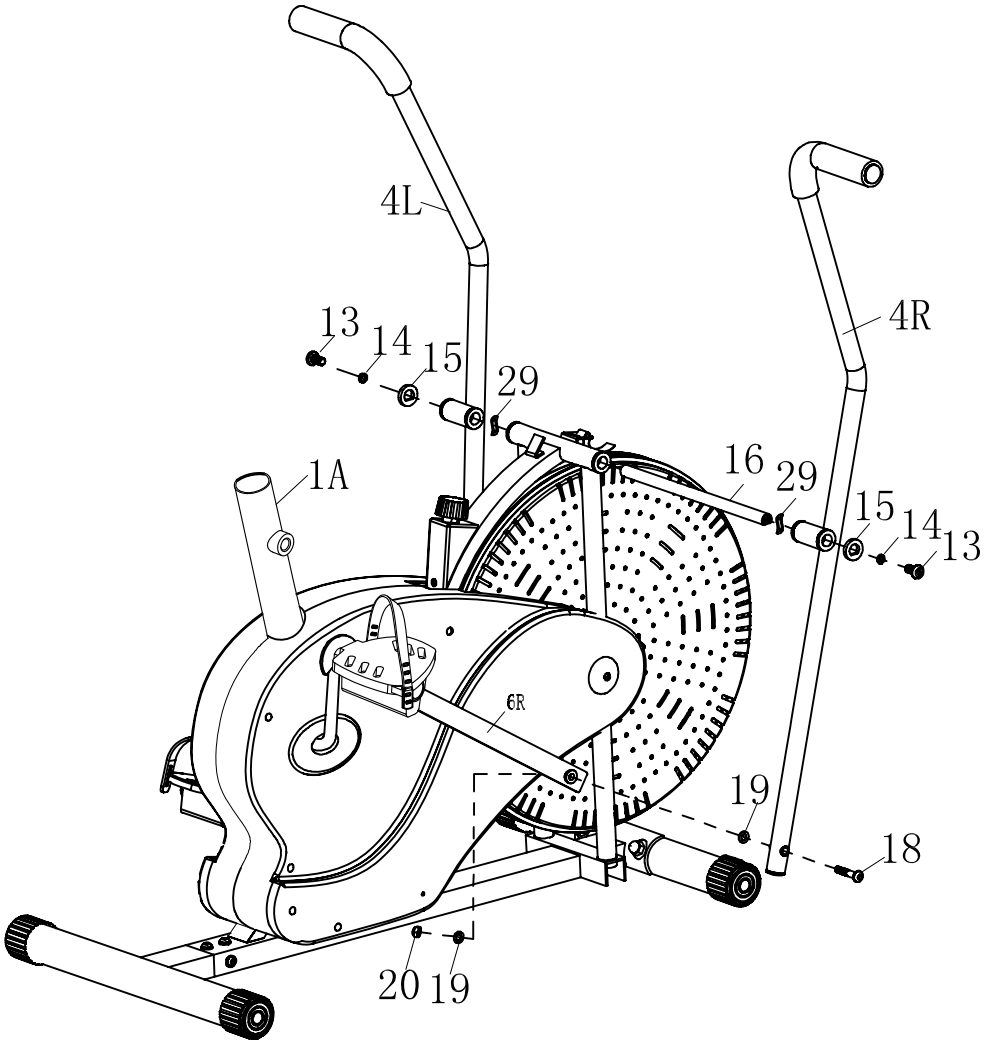
Assembly Step 4

Remove the two ***Special Washers (#29),*** two ***D Shape washers (#15)***, two ***Spring Washers (#14)*** and two ***Bolts (#13)*** that are pre-assembled on the ***Handlebar Axle (#16)***. Insert the ***Handlebar Axle (#16)*** through the ***Main Frame (#1A).*** Make sure the ***Handlebar Axle (#16)*** is centered. If you encounter too much friction, try using WD40 or Vaseline as a lubricant. Insert two ***Special Washers (#29)*** that were just removed on the ***Handlebar Axle (#16)*** followed by ***Right Handlebar (#4R)*** and ***Left Handlebar (#4L)*** on each side and then secure them with two ***D Shape washers (#15)***, two ***Spring Washers (#14)*** and two ***Bolts (#13)*** that were just removed.

Carefully cut off the zip tie on the bushing of the **Right Linkage (#6R)** Then attach the ***Right Handlebar (#4R)*** to the ***Right Linkage (#6R)*** with a ***Washer (#19)*** in the between, secure with a ***Bolt (#18)***, a ***Washer (#19)*** and a ***Nylon Nut (#20).***

Hardware Required





Assembly Instructions

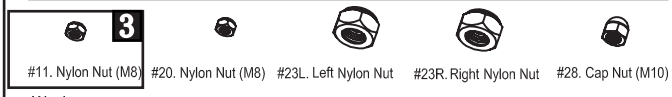
Assembly Step 5

Remove the three ***Washers (#10)*** and three ***Nuts (#11)*** that are pre-assembled on the ***Seat (#9)***. Then attach the ***Seat (#9)*** to the ***Seat Tube (#5A)*** and secure it with three ***Washers (#10)*** and three ***Nuts (#11)*** that were previously removed.
Attach ***Bellows (#12A)*** to the ***Seat Tube (#5A)***. Insert the ***Seat Tube (#5A)*** into the slot of the post that is protruding from the ***Main Frame (#1A)***. Screw the ***Knob (#17)*** through the ***Main Frame (#1A)*** post and align it into any one of the holes located on the ***Seat Tube (#5A).***

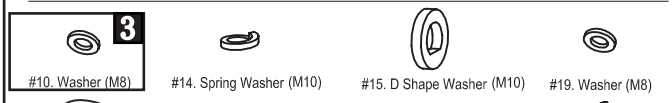
Hardware Required

Bolt

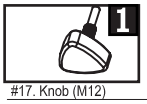
Nut



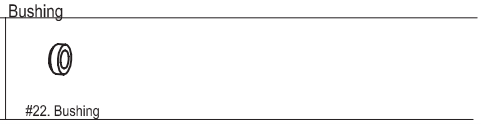
Washer

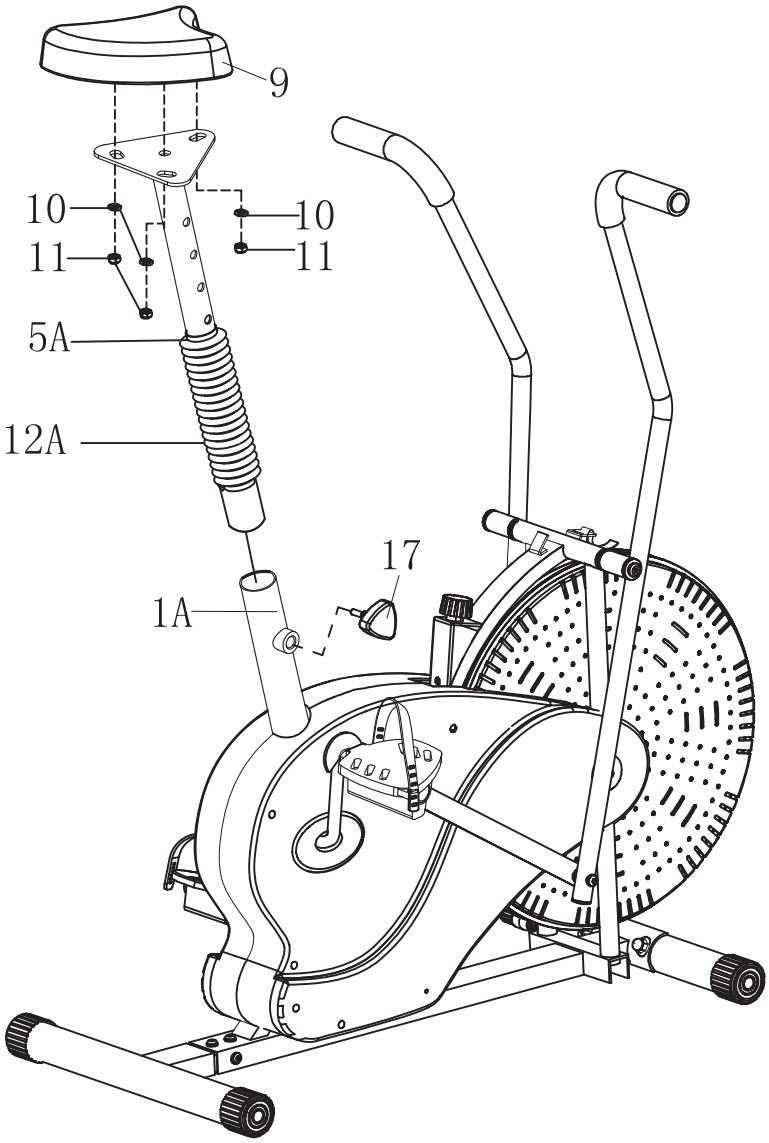


Knob



Bushing





Assembly Instructions

Assembly Step 6

Attach the ***Monitor (#8)*** to the ***Main Frame (#1A)*** and then connect the ***Monitor Wire (#37A)*** to the ***Monitor Wire (#37B)***. The assembly of fan bike is now complete.

Hardware Required

Bolt

#13. Bolt (M10x18 mm) #18. Bolt (M8x43 mm) #24. Bolt (M8x16 mm) #26. Carriage Bolt (M10x57 mm)

Nut

#11. Nylon Nut (M8) #20. Nylon Nut (M8) #23L. Left Nylon Nut #23R. Right Nylon Nut #28. Cap Nut (M10)

Washer

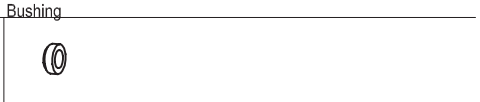
#10. Washer (M8) #14. Spring Washer (M10) #15. D Shape Washer (M10) #19. Washer (M8)

#21. Big Washer #25. Spring Washer (M8) #27. Arc Washer (M10) #29. Special Washer

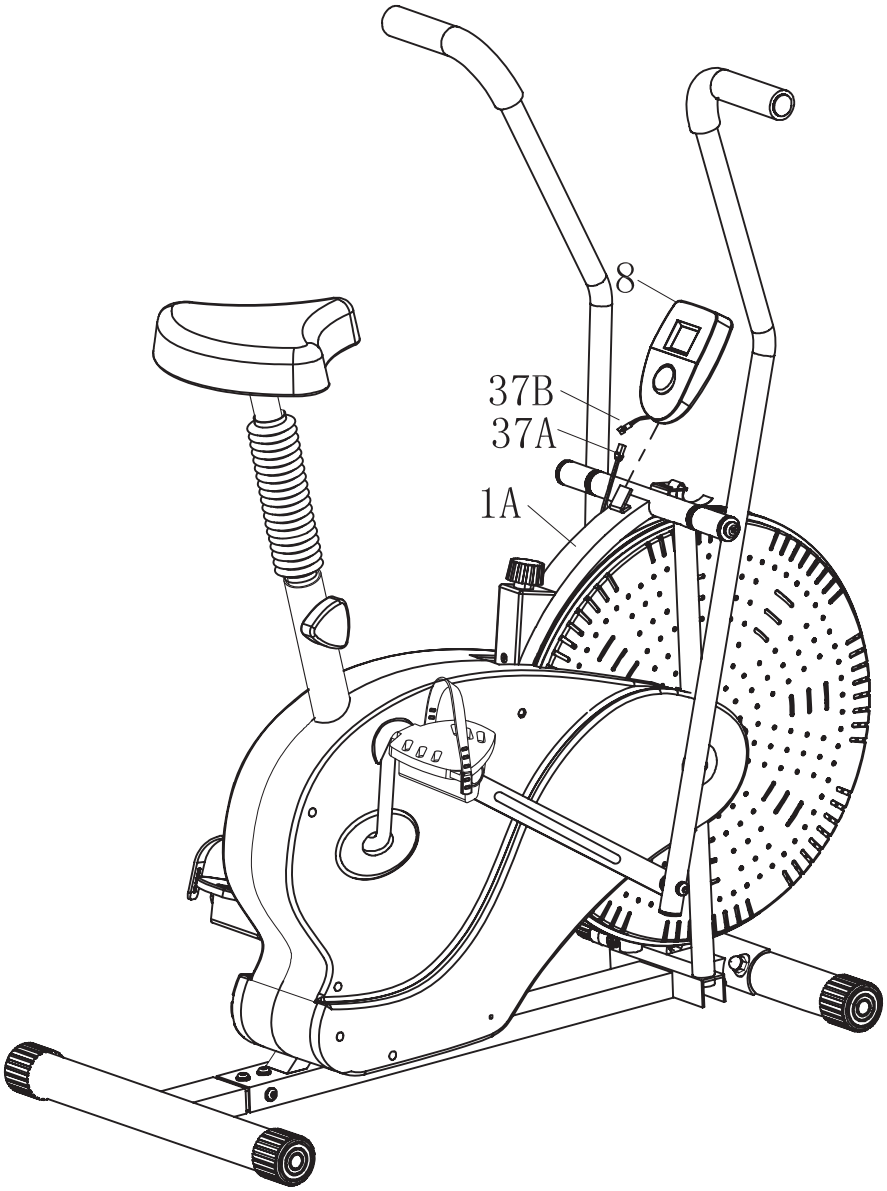
Knob

#17. Knob (M12)

Bushing



#22. Bushing

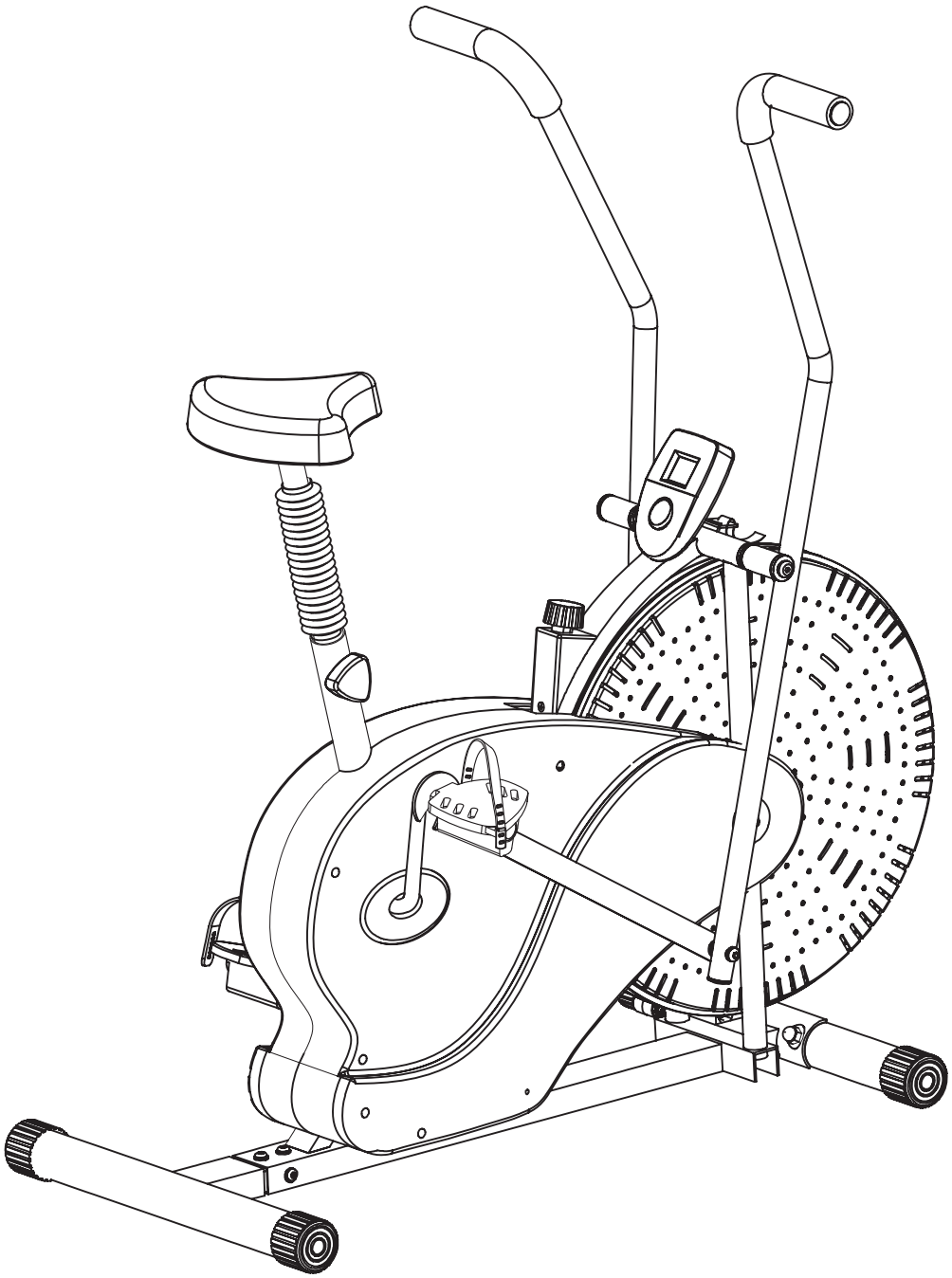


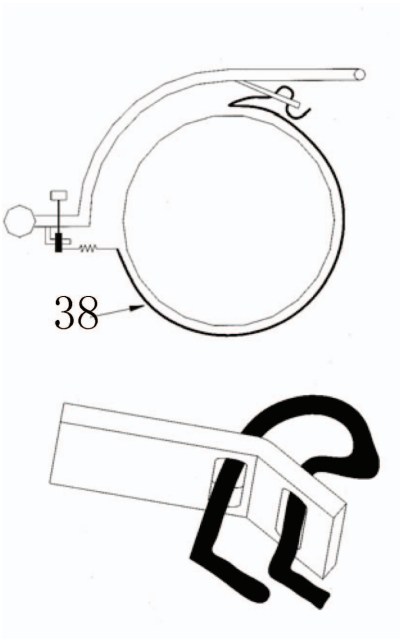
Assembly Instructions

Tension Adjustment

For slight tension adjustment, simply turn the tension adjustment knob found at the top center. Tension level can be manipulated this way to vary intensity of workout as you exercise.

For greater tension adjustment, you may loosen or tighten the ***Friction Belt (#38)*** by re-strapping it. To do so, first turn the tension adjustment knob all the way to the loosest setting. Then re-strap the belt at the buckle on the main frame, just beneath the flat beam at the top center. The more length you allow for the friction belt to wrap around the wheel, the less friction it will cause. Re-adjust the tension knob after you finished re-strapping.





Computer Operation

SPECIFICATIONS:

TIME……0:00-99:59
SPEED……0.0-99ML/H
DISTANCE ……0.0-999.9ML
CALORIES……0.0-9999CAL

KEY FUNCTION:

MODE: This key lets you to select and lock on to a particular function you want.

OPERATION PROCEDURES:

1. AUTO ON/OFF:

- The system turns on when any key is depressed of when it receives an input from the speed sensor.
- The system turns off automatically when the speed sensor has no signal input or no key are pressed for approximately 4 minutes.

2. RESET:

The unit can be reset by changing battery or pressing the MODE key for 3 seconds.

3. FUNCTION:

- Top portion of LCD Display
  - **Speed**: Display the current speed
- Lower portion of the LCD Display (Press Mode to alternate through the following functions)
  - **Time**: Display the total amount of time using the machine.
  - **Distance**: Display the distance travelled.
  - **Calories**: Display the amount of calories burned.
  - **Scan**: Automatically alternate between the different functions. (Time, Distance, Calories)

4.BATTERY:

This monitor requires one (or two) "AA" Battery(ies).
You can replace the battery from the back of the unit.

Proof of purchase

Thanks for choosing

BODY FLEX SPORTS

Model Number BRF700/701

Please fill in the information below and keep this manual along with your sales receipt as proof of purchase.

Serial Number:

_____

Date of Purchase:

_____

Store Name:

_____

Body Flex Sports Inc.
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Walnut, CA 91789

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Email: info@bodyflexsports.com

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